

*Business
&
Professional
Women
Niagara Falls*



*"Women Working
for Women"*

(Since 1917)

BPW NF Monthly Meeting
November 26, 2025 7:00 pm
(Zoom Meetings Until Further Notice)
Members Free / Guests 2 Free then \$10
Register NOW: BPWniagarafalls.com

YOU'RE INVITED

**To This
Month's
Meeting**

Living Well for a Healthier You



Karen Stearne
[Heart Niagara](#)

Karen Stearne will share insights on Eating, Physical Activity and Living Well from her years of experience helping people become more Heart Healthy.

As a community volunteer and as [Executive Director of Heart Niagara](#), **Karen** has been involved in the fabric of our community and continues to look for opportunities to support women, equality in both employment and mentoring programs. While working within healthcare, the research community and within the school system she has received valuable experience in privacy, ethics, and accreditation requirements.

Karen remains passionate about food security and eating well. In her personal life she continues to work as an advocate in Niagara which includes Niagara Community Foundation's Sunday in the Parks Fund, Housing and Homelessness Working Group in Niagara Falls, Celebrate Our Downtown, Dignity and Compassion strategies and Community Art Installations.



And WE DID ! Since 1917...

Women Working for Women

BPW Niagara Falls

**Visit BPWniagarafalls.com for
Info, Events & Meetings**

Business and Professional Women is an equality-seeking group working toward the improvement of economic, political, employment, and social conditions for women.

BPW Niagara Falls holds monthly meetings, which provide opportunities to stay informed on women's issues, to enjoy a guest speaker, and to network with other working women. We also hold social events with several active committees.

**Inspire
Connect
Collaborate**

Together we
can improve
the lives of
all women -
regionally,
provincially,
nationally
and globally!



**Business & Professional Women
Niagara Falls**
Over 100 Years Strong We Are
Women Working for Women
www.bpwniagarafalls.com

**Advocacy, Professional Development,
Leadership Skills, Networking & Friendship**

With clubs throughout Ontario, Canada & the
world, including Young BPW, we are

THE VOICE FOR WOMEN

